

## “The Family Medicine Challenge”: Adopting the Habits of Great Family Doctors

<i><b>When?</b></i>	<i><b>What?</b></i>	<i><b>Done?</b></i>
<b>Week 1</b>		
Monday	Let your first patient speak uninterruptedly for <b>90 seconds</b> .	
Tuesday	<b>Call</b> one colleague for advice on a tricky case.	
Wednesday	Do <b>vitals</b> and a focused <b>exam</b> even if you “already know”.	
Thursday	Try the (quick) <b>Teach-Back-Method</b> to improve understanding.	
Friday	Make a 15-min <b>debrief</b> with a <b>trustworthy</b> colleague.	
Weekend	Do a <b>physical activity</b> (what do you enjoy most?).	
<b>Week 2</b>		
Monday	Learn the background and <b>life story</b> of one quite new patient.	
Tuesday	Write down a <b>list</b> of go-to colleagues. <b>Reconnect</b> with one.	
Wednesday	Start a <b>WhatsApp group</b> and invite interested colleagues.	
Thursday	Offer one patient a <b>written plan</b> of your instructions.	
Friday	Make a <b>debrief</b> and share a <b>mistake</b> (if you expect kindness).	
Weekend	Do something <b>relaxing</b> (maybe meditation, yoga or sauna?).	
<b>Week 3</b>		
Monday	<b>End</b> a consultation with “what else should we discuss today?”	
Tuesday	Write down a list of <b>great questions</b> . Ask one of them today.	
Wednesday	Find a local <b>Balint</b> group and join it once.	
Thursday	Ask a potential <b>Mentor</b> to meet for a coffee.	
Friday	Make a <b>debrief</b> and discuss cases of following your <b>intuition</b> .	
Weekend	Just meet with a <b>good friend</b> who makes you feel well.	
<b>Week 4</b>		
Monday	Add one more <b>break</b> to your schedule (no digital distraction).	
Tuesday	Read about <b>placebo/nocebo</b> effects. Plan to use/avoid them.	
Wednesday	Read about <b>pre-test probability</b> and its diagnostic effects.	
Thursday	Order a good, inspiring <b>book</b> about medicine.	
Friday	Make a <b>debrief</b> and discuss what you <b>learned</b> this week.	
Weekend	Plan your next, longer <b>vacation</b> .	

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